

# Community TODAY

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## Community Medical Center Acquires Region's First Hospital-Based High-Speed, High-Resolution MRI

*Advanced System Provides Greater Detail of Images, Faster Procedures*

Community Medical Center has introduced the most-advanced magnetic resonance imaging system available — technology that offers more-detailed images for physicians and a much faster procedure for patients.

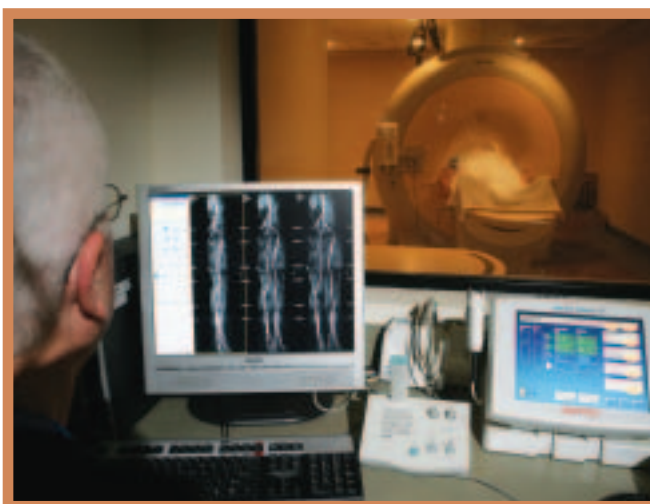
“As the region’s premier radiology service, our mission is to provide patients with specialized, state-of-the-art care,” says Joseph Triolo, M.D., chairman of the hospital’s state-of-the-art radiology department. “The new 3.0-tesla MRI represents another step forward in meeting that goal.”

Magnetic resonance imaging, or MRI, is a diagnostic procedure that uses a combination of a large magnet, radio frequencies and a computer to produce detailed images of organs and structures within the body. While the industry standard magnetic field strength for most current MRI systems is 1.5 tesla, Dr. Triolo explains that a stronger magnetic field provides for clearer images that are produced much more quickly.

“The 3.0-tesla MRI can acquire images at twice the speed and twice the resolution as the industry standard MRI,” he says. “For the patient, that translates into greater detail of images and faster procedures.”

According to Dr. Triolo, there are numerous advantages to using MRI over other diagnostic techniques. MRI is painless, non-invasive, and by obtaining information that other technology cannot capture, it can lead to earlier detection and treatment of disease. Its impact is far-reaching, with implications for physicians in fields ranging from neurology, neurosurgery, orthopedics, gastroenterology, vascular surgery, endocrinology, urology and oncology.

The new MRI also is larger than conventional MRI units, making it more accessible and comfortable for patients undergoing diagnostic procedures. Because of its size and



*Community’s 3.0-tesla magnetic resonance imaging (MRI) system can acquire images at twice the speed and twice the resolution as the industry standard MRI. Shown here, lead MRI technician Dan Zonkle performs an MRI scan.*

*“For our patients, this new technology means not only faster, more comfortable diagnostic procedures, but also the added reassurance that comes from knowing they’re getting the highest quality imaging and diagnostic capabilities available in the region, right here at Community Medical Center.”*

— DR. TRIOLO  
Chairman, Radiology Department

software configuration, the new 3.0-tesla is also capable of performing body scans, making it easier for patients in need of scans of the liver, kidney, prostate, rectum or abdomen. The higher resolution makes the 3.0-tesla particularly useful in neurological imaging to evaluate the intricacies of brain tumors, strokes and other brain abnormalities.

The new 3.0-tesla MRI will also be equipped with a state-of-the-art breast coil, which adds to the complete comprehensive breast care already offered by Community Medical Center, Dr. Triolo adds.

“This will give us a new tool for the early detection of breast cancer and has its greatest impact on high-risk patients or patients where mammography is less sensitive in the detection of breast cancer,” he says. “We will also have the capability to perform biopsies with MRI guidance, which is crucial since MRI may be the only way to identify the cancer. This essentially completes the range of services we offer for the diagnosis and management of breast cancer.”

See related story on page 2.

### CMC Again Honored Among Nation's Best Hospitals



*Community Medical Center ranks among the top 5 percent of hospitals in the nation in a host of clinical areas, according to a comprehensive study released by HealthGrades, the nation’s leading health care ratings company.*

*Community is the recipient of the 2007 HealthGrades Orthopedic Excellence Award, the 2007 HealthGrades Pulmonary Excellence Award and the 2007 HealthGrades General Surgery Excellence Award, as well as being named a 5-star hospital for maternity care for 2006/2007. Among New Jersey hospitals, Community Medical Center is ranked No. 1 in overall orthopedics, No. 2 for general surgery and fourth among the state’s best hospitals for pulmonary care.*

*Additionally, Community Medical Center is ranked in the top 10 percent in the nation in spine and gastrointestinal surgeries and procedures. For two consecutive years, the Toms River hospital has received HealthGrades’ top honors — the Distinguished Hospital Award for Clinical Excellence and the Distinguish-ed Hospital Award for Patient Safety. Community is the only hospital in the state and one of only 35 hospitals in the country to achieve this rare distinction.*

*“Our analysis provides an apples-to-apples comparison of hospital performance by procedure or diagnosis, and it is evident there is significant variance between individual hospitals,” says Samantha Collier, M.D., HealthGrades’ vice president of medical affairs. “For Community Medical Center to rank among the nation’s best reflects the efforts of everybody in the organization, and should be very comforting to area residents.”*

*The 2007 HealthGrades ratings for all hospitals nationwide are available, free of charge, on HealthGrades’ consumer Web site, located at [www.healthgrades.com](http://www.healthgrades.com).*



### Giant Blue Shows Shades of Pink



*On the gridiron, the New York Giants have battled their way to the top of the NFC East, and off the field, they have joined the battle against breast cancer. Recently the organization donated a portion of the proceeds from its annual breast cancer awareness fund-raiser — which includes the sale of pink Giants’ baseball caps — to the Breast Care Program at CMC, the hospital that Giants’ “team member” Marianne Vogt of Lakewood turned to for her cancer treatment. See details on page 3.*

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An affiliate of the Saint Barnabas Health Care System

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Dear  
*Reader,*

With the recent acquisition of the most-advanced magnetic resonance imaging (MRI) system available, Community Medical Center is

once again leading the way in offering Ocean County residents the most advanced health care possible.

Community offers one of the most modern and technologically advanced radiology programs in the region, and the addition of the 3.0-tesla magnetic resonance imaging (MRI) system furthers this leadership role. This new system — the only hospital-based MRI of its field strength and capabilities in all of Ocean and Monmouth counties — provides more-detailed imaging results and the greatly reduced exam times mean a great deal in terms of our patients' comfort level.

By year's end, Community Medical Center will install the latest computed tomography (CT) imaging software and machinery, also known as a 64-slice CT scanner. While current generation CT scanners are fine for most applications, this new technology produces precise diagnostic pictures within five to 10 seconds, enabling our radiologists to "freeze" motion and better define certain disease processes.

Cutting-edge technological advances have also allowed Community to become the first and only hospital in Ocean County to offer video electroencephalogram (EEG) technology to better evaluate and diagnose its seizure disorders patients. Estimates are that 30 percent of people suffering from seizures do not have epilepsy and therefore epilepsy medications may not be necessary. For these patients, video EEG monitoring may bring to light other, more appropriate, treatment options.

As Executive Director at Community, I have witnessed tremendous growth at this hospital. Yet it is not advances in technology or facilities that mark a truly outstanding medical center. It is the hospital staff who remain as the single greatest asset of Community Medical Center.

Whether providers of direct patient care or those who support our caregivers, each and every Community employee plays an integral role in making this hospital the premier health care facility in the region. In fact, it is the dedication and passion of our doctors, nurses and staff to provide our patients with the best care possible that directly contributed to Community being ranked among the top 5 percent of hospitals in the nation for clinical excellence, according to a comprehensive study released by HealthGrades. (See full coverage of the hospital's most recent clinical excellence awards on the cover.) I'm proud of the collective effort they make each and every day, and proud to have Community Medical Center recognized for excellence in health care.

From our Community Medical Center family to yours, I wish you a happy, healthy and safe holiday season.

**Mark D. Pilla**

Executive Vice President for Operations,  
Saint Barnabas Health Care System  
Executive Director, Community Medical Center

## Video-EEG Testing is Helping Community Medical Center Physicians Better Understand Seizure Disorders

**T**echnology recently introduced at Community Medical Center is providing hospital neurologists with an important new tool in the diagnosis and treatment of seizure disorders.

Community Medical Center is the only hospital in Ocean County to offer long-term video electroencephalogram (EEG) — new technology designed to help improve the quality of life for patients suffering from epilepsy and other seizure disorders.

"This combination of science and technology is allowing us to analyze the relationship between brain function and behavior — helping us to determine the absolute best course of treatment for our patients," says neurologist Gerald Ferencz, M.D., medical director of the Video-EEG Program at Community. "Not all seizures are caused by epilepsy, and now, with the introduction of video EEG, it will eliminate some of the guess work, providing a much clearer path to the problem and its solutions."

A standard EEG is a diagnostic test of the brain's electrical activity that is helpful in diagnosing epilepsy. But during a video EEG, the patient is videotaped while their EEG is recorded so the doctor can view the video and EEG images side-by-side on a split screen.

Video EEG records brain-wave activity between and during seizures while providing video footage of what happens during a seizure. This way, the doctor can see precisely how seizure behavior correlates to the electrical activity in the brain.



*During a video EEG, patients are videotaped while a standard EEG is recorded. Community Medical Center neurologist Gerald Ferencz, M.D., medical director of the Neurophysiology Lab at Community, is shown here with a video display of brain wave activity recorded by an EEG.*

The purpose of the test is to diagnose a seizure or further evaluate uncontrolled seizures. "The video and EEG components together are used to more accurately diagnose epilepsy and/or differentiate it from other forms of seizures that may mimic an epileptic seizure," explains Dr. Ferencz. "Furthermore, the non-invasive procedure in which EEG electrodes are placed on the scalp pinpoints the exact region of the brain where seizure activity originates to allow us to better determine if surgery or medication may improve or alleviate the seizures."

Video EEG can be done on an outpatient basis, but it's recommended the test be performed in a hospital setting so the patient can be observed around the clock. Patients remain under clinical observation while in the Video-EEG Unit, which is led by board-certified neurologists from Community in conjunction with epileptologists (*epilepsy specialists*) at the Institute of Neurology and Neurosurgery — at Community affiliate Saint Barnabas Medical Center — who are specially trained and highly experienced in seizure and EEG interpretation. Specially trained EEG technologists and nurses care for patients in the unit.

The average hospital stay during a video EEG ranges from three to four days. Patients can bring books, video games or movies to keep busy and can have family and friends visit them during the test.

**To learn more about Community Medical Center's Video-EEG Program, or to make an appointment, call the Saint Barnabas Health Care Link at 1-888-SBHS-123.**

## New Diagnostic Tool Helps Predict Those at Risk for Heart Disease and Other Serious Conditions

**A** revolutionary diagnostic imaging system that will debut at Community Medical Center is being hailed as a highly effective screening tool in the early detection of heart disease and other serious medical conditions, even before major symptoms occur.

Community will be the first hospital in the region with this most-advanced form of 3-D image reconstruction and analysis when it introduces the GE Healthcare's LightSpeed® VCT — the world's first Volume Computed Tomography (VCT) system 64-slice.

The system, which will debut later this year, creates higher-quality images by producing a 3-D cross-section view of a body area "slice by slice" and then completely reconstructs, displays and records the image in a matter of seconds, rather than minutes.

"We're breaking barriers in speed and accuracy of patient exams and are now able to offer new and enhanced diagnostic procedures thanks to our new LightSpeed VCT," says Joseph Triolo, M.D., chairman of the Department of Radiology at Community. "The technology benefits both the physicians and patients. We're excited to be the first in the region to offer this medical technology."

The system's multiple-imaging technology takes CT scanning to new levels of precision, clarity and speed, greatly surpassing the capabilities of traditional CTs, according to Dr. Triolo, who explains that the LightSpeed VCT creates — in a single rotation — 64 high-resolution anatomical images thinner than a credit card. These images are combined to form a 3-D view of the patient's anatomy, and from these images, physicians can view such things as blockages in the coronary arteries, as well as the motion and pumping action of a patient's heart.

"With this advanced system, we now are able to image the body in multiple angles at a much faster speed," says Dr. Triolo. "This results in higher-resolution images that provide us with more detailed views and helps to improve the detection of certain abnormalities, including coronary artery disease, peripheral vascular disease and evaluation of liver, pancreas, renal and lung masses, as well as spinal disorders and stroke."

Specifically, the new CT system dramatically aids in the visualization of specific areas of the body, including the lungs, heart, vascular system, brain and spinal column.

"The scanner combines unrivaled image quality with remarkable speed," Dr. Triolo says. "It can produce detailed pictures of any organ in a few seconds and provide sharp, clear, 3-D images, including 3-D views of the blood vessels, in an instant."

To produce a CT image, computer-driven machinery passes X-rays through the body, producing digitized signals that are



*Joseph Triolo, M.D., chairman of Radiology at Community, says the hospital's investment in the latest MRI and CT technology represents another step forward in meeting Community's mission to provide patients with the most specialized, state-of-the-art care.*

detected and reconstructed. Each X-ray measurement lasts just a fraction of a second and represents a "slice" of an organ or tissue. The greater the number of detectors, the better the speed and resolution of the picture. A computer then uses these slices to reconstruct highly detailed, 3-D images of the heart, other organs, and blood vessels throughout the body.

"This multi-slice technology has been particularly exciting for studying the beating heart, providing the first clear non-invasive images of the heart and its major vessels," Dr. Triolo says. "The scans can be timed to use only images gathered between breaths, so that the heart and its vessels can be seen without the blurring caused by motion."

For James Pasquariello, M.D., chief of cardiology at Community, the new diagnostic tool also offers his patients an alternative to cardiac catheterization in the imaging of cardiac arteries.

"With this new system, we'll be able to capture images of the whole heart and coronary arteries in just five heartbeats — providing clearer images of cardiovascular anatomy and a shorter breath hold, which is particularly important for acute or chronically ill and elderly patients," he says.

Pointing to the three primary causes of mortality in patients with chest pain — aortic dissection, pulmonary embolism and coronary artery disease — Dr. Pasquariello notes that Community now has a tool to help physicians rule out or diagnose these three individual causes of patient's chest pain through a single quick scan.

**To learn more about the LightSpeed VCT and other diagnostic imaging services at Community Medical Center, call 1-888-SBHS-123.**

# Hospital Supporter Personifies the Art of Volunteering

The dictionary defines “volunteerism” as the practice of being a volunteer or using volunteers for the benefit of social agencies and charitable organizations, but for Toms River resident Mary Kotzas, the word takes on a whole new dimension. Last year Kotzas received the Women of Distinction award from Soroptimists International, an organization of professional women who volunteer in support of organizations benefiting women. For Kotzas, it was the culmination of a lifetime’s recognition for a legacy of volunteerism that began more than 50 years ago.

In the 1950s, Kotzas joined a group of volunteers dedicated to raising money to provide modern hospital facilities to meet the health care needs of the rapidly growing and changing Toms River community.

The Community Medical Center Auxiliary Association was founded in 1954, and in just four short months, 19 local groups, called Auxiliary Twigs, were formed and functioning. Seven years later, the auxiliary’s efforts were realized when Community Memorial Hospital — as the hospital was then known — opened its doors to the very first patient.

Kotzas — who 42 years ago gave birth to the last of her four children at the “new” hospital — served more than 30 years in the Laurel Twig auxiliary branch, including two terms as president, and she served as president of the CMC Auxiliary Association from 1973 to 1975. It was on her birthday, June 9, in 1975 that she opened Community’s Second Time Around Consignment Shop, and during her 27-year tenure with the thrift shop, it raised more than \$2 million for the medial center.

A member of the Community Medical Center Board of Trustees from 1974 to



1987, Kotzas was formally recognized for her outstanding support in 1991 when the courtyard of the hospital’s outpatient entrance was dedicated to her.

Four years ago, she used her consummate fund-raising skills to found the Harbor House Resale Shop in support of Ocean’s Harbor House, a Toms River-based agency that provides a safe haven for youngsters who have runaway, are homeless, or have been abused, neglected or abandoned. In 2005, she was honored by the Garden State Coalition for Runaway and Homeless Youth as their Volunteer of the Year for her work with the shop. She credits the success of both of these highly profitable ventures to the corps of dedicated volunteers who staff the shops.

“There is a huge volunteer corps that I’ve been fortunate enough to work with for 50 years — they do wonderful work,” she says.

And in her personal life, lasting relationships are also a linchpin. “I met my husband at my christening, which to the Greeks, is like a wedding, in that it’s a very big deal,” she says with a nod to the couple’s Greek-American heritage. She notes that real estate broker and former Community Medical Center trustee Byron Kotzas — her husband of 57 years who is distantly related — was 6 years old at the time.

The Toms River Chamber of Commerce Citizen of the Year in 1990, Kotzas — who also has been honored for her volunteerism by the National Conference of Christians and Jews — will be among those recognized through the Ocean County Women’s Hall of Fame that will be a part of the new fine arts facility at Ocean County College, which is slated to open in 2007.

## Giants’ Donation to Breast Care Program in Appreciation of Care for ‘Team’ Member

**M**ake no mistake about it, the New York Giants take care of their own. Whether you’re a player on the field, a member of the coaching staff, or part of the administration — the Giants consider everyone involved with the organization a part of the team.

For breast cancer survivor Marianne Vogt, 51, of Lakewood, that “team spirit” has kept her commuting from her Lakewood home to East Rutherford for the past 26 years for a job in season ticket sales and coworkers that she loves. And her “team” showed the feeling was mutual when it recently donated proceeds from its annual breast cancer awareness fund-raiser to the Breast Care Program at Community Medical Center — the hospital that Vogt turned to for her cancer treatment.

It was in March 2005 that Vogt was rocked by the news that she had joined the 200,000 American women diagnosed with breast cancer each year. Several surgeries and six rounds of chemotherapy followed along with the confident reassurance from Marianne’s support group — consisting of her husband, family, friends and co-workers — that she would beat her cancer.

Vogt’s journey as a breast cancer survivor began with a referral to Community Medical Center breast surgeon William Schulman, M.D., who performed a successful mastectomy at Community Medical Center. “He’s a brilliant surgeon — I’m so grateful for the wonderful care he gave me on that operating table,” Vogt says.

Following the mastectomy, Christopher Godek, M.D., board-certified plastic surgeon at Community Medical Center performed a series of reconstructive breast surgeries on Vogt. Referring to Dr. Godek, Vogt says, “That man has magic in his hands; he’s absolutely amazing. Prior to these surgeries, I had an overwhelming fear of the unknown; a fear of disfigurement, but Dr. Godek gave me constant reassurance that I would feel better and look better.”

Following the surgeries, Vogt turned to Gregory Manzullo, M.D., a board-certified oncologist at Community Medical Center who directed her chemotherapy regimen. She notes that Dr. Manzullo and his staff, with their care and compassion, helped her to get through what she considered to be the most traumatic part of her treatment.

“The chemotherapy made me lose all the hair on my body, including my eyelashes and eyebrows,” she says. “And while I knew this was likely and that it would grow back, when my hair started falling out, I cried a lot.”

“It began falling out a week after I was back at work,” she adds. “My colleagues were incredibly supportive — they were always cheering me up and making me laugh. They were there for me through all of it.”

This support that Vogt received from her colleagues went all the way to the top of the organization. John Mara, president and CEO for the New York Giants told Vogt “not to worry about anything, just come back healthy.” John Mara is the son of the late Wellington Mara — the Giants’ beloved president and CEO who passed away last year.

“John was nothing but concerned for me,” she says. “He was positive and encouraging and I’m eternally grateful for the support and empathy that he gave to me. You couldn’t ask for a kinder or more caring person to work for. He’s a great man.”

For years, the Giants have dedicated one October home game to breast-cancer awareness, and in 2005, the Giants’ Community Relations Department expanded it to a month-long observance that — in addition to the distribution of pink ribbons and display of breast cancer banners throughout the stadium — features the sale of pink Giants

hats in the stadium and on their Web site, an effort that raised \$52,000. They decided to donate the money to four different organizations, with Community Medical Center among the beneficiaries.

“With the staggering statistics of women and their families who are affected by breast cancer each year, it made sense for the New York Giants to embrace this cause in the hope of raising awareness as well as funds so that we could help local health care institutions provide the best quality care to our families, friends and fans who are faced with this disease,” says Allison Stangeby, director of community relations for the New York Giants. “It was only natural that we donate a portion of the money raised to Community Medical Center’s breast care program in appreciation of all that they did for Marianne and her recovery from breast cancer.”

Community’s Breast Care Program is a unique service that provides women who undergo surgery for breast cancer with individualized care that focuses on education, support and referral information. Each woman meets with a specially trained nurse consultant who educates her about what she can expect during her surgery, post-operatively, and throughout her recovery and treatment.

“Breast cancer patients typically find that the emotional aspect of the treatment is more difficult than its physical aspects,” says Donna Jagger, R.N., the breast care nurse consultant who helped Vogt educate herself on what to expect before, during and after her surgery and chemotherapy. “We help our patients to mentally prepare for the surgery and its aftermath. It’s also important that the patients know that there’s someone they can call to ask questions or simply vent to. It helps when the person on the phone is experienced and knowledgeable about what the patient might be going through.”

“Marianne is a role model for people going through breast cancer treatment. She’s a very strong person and she wants to reach out to people who are going through the same thing she did,” she adds.

Vogt, who has completed her treatment but currently undergoes monthly follow-up exams with her doctors, notes that her experience has had a profound impact on her life. She’s been urging women to get regular mammograms and breast exams, and she now believes that for women diagnosed with breast cancer, there is an extreme sense of urgency.

“It’s important to seek treatment immediately and to find good doctors no matter where you live,” Vogt says. “I found wonderful physicians at Community Medical Center.”

She concludes, “I’m proud of my scars — proud to be a survivor. If I can beat it, so can a lot of other women.”



Breast cancer survivor Marianne Vogt, pictured at right, inspired a donation from “her team” to the Breast Care Program at Community Medical Center after the hospital provided care to the longtime Giants’ employee. Accepting the “check,” presented by, second from right, Allison Stangeby, director of community relations for the New York Giants, are Richard Pallamary, vice president of the Community Medical Center Foundation, and Donna Jagger, R.N., the breast care nurse consultant who helped Vogt educate herself on what to expect before, during and after her surgeries and chemotherapy.



*“I’m proud of my scars — proud to be a survivor. If I can beat it, so can a lot of other women.”*

— MARIANNE VOGT  
Lakewood  
Breast cancer survivor

## ■ ■ New Program Designed to Help CHF Patients Live Better

0 According to the American Heart Association, Congestive Heart Failure currently affects some 5 million Americans and is the No. 1 cause of hospital admissions in the United States.

In an effort to stem these heart-related hospitalizations, Community Medical Center recently launched a program dedicated to improving the health and prognosis for patients with congestive heart failure (CHF) — a condition in which the heart muscle gradually weakens, rendering it incapable of pumping a sufficient amount of blood to meet the demands of the body.

Increasing awareness of the condition, providing one-on-one monitoring and support, and educating CHF patients about lifestyle choices and behaviors that could put one at a greater risk for the disease are the cornerstones of the new program, which Community is offering at no cost to patients.

“Under the new Congestive Heart Failure Program, we offer patients comprehensive education about CHF, a workable program to help them manage their condition and support to help them succeed,” says program director Judy Boccellato, R.N., M.S.N., CCRN.

### New Congestive Heart Failure Support Group

Community Medical Center’s Congestive Heart Failure (CHF) Program offers a support group on the fourth Monday of each month from 3 to 4:30 p.m. The group is open to people with CHF and their family, friends or caregivers. Meetings are held at the Lighthouse at Toms River, 591 Lakehurst Road. Each month there will be a different topic of discussion, or educational presentation, related to CHF. Here is the topic and presenter for the upcoming session: **December 18 – Medication Management**  
SAMY AYOUB, R.PH.  
**Call 732-557-2800 to register or for more information.**

In 2005, nearly 1,500 patients with congestive heart failure were admitted to Community Medical Center — making the hospital the nation’s No. 1 admitter of CHF patients.

The CHF program, according to Boccellato, promotes an understanding of the disease process that, in turn, empowers patients to take charge of their own care and better manage their CHF.

“CHF patients typically have a high rate of readmission,” she says. “In fact, approximately one-third of all CHF patients in this country are readmitted to a hospital within the first 90 days after diagnosis, and at Community, 38 percent of CHF patients are readmitted within three months. With the help of the new Congestive Heart Failure Program, Community Medical Center is hoping to change those statistics.”

While CHF typically develops after an injury to the heart, it can take years to become apparent. A heart attack, coronary artery disease, hypertension or a diseased heart valve, defect or infection of the heart valves or muscle can all

lead to CHF.

“There are 550,000 new cases of CHF diagnosed each year, and more than 1.5 million CHF-related hospital admissions nationwide,” says James Pasquariello, M.D., chief of cardiology at Community, who notes that he expects those numbers to rise. “As the population continues to age and advances in medicine mean more and more people survive heart-related events, an increasing number of people will be at risk for developing CHF.”

According to Boccellato, in order to control CHF, patients have to commit to lifestyle changes to reduce the workload on the heart.

“In addition to adhering to the medication regimen prescribed by their doctor, patients have to adopt a low-salt, reduced-fat diet, eliminate alcohol and reduce their daily fluid intake. In addition, their physician will usually recommend a moderate exercise plan and require that they monitor their blood pressure and weight on a daily basis to watch for a buildup of fluids as part of their plan of care,” she adds.

As part of CMC’s program, patients receive a 12-month Plan of Care Diary, prepared by CHF Program care coordinators, Lisa Carmelengo, R.N., B.S.N., M.H.A., CCRN, and Monica Mackie, R.N., M.S.N., C.C.M., to help ensure their success. The booklet offers useful tips and information as well as a means to monitor their condition on a day-to-day basis and track their overall progress. Patients are closely monitored by phone every week by a CHF program nurse, who checks on their condition — monitoring their weight, medication use and overall health status, and offering advice and support when needed.

In addition to the comprehensive education and support provided by the CHF team, the program offers other resources including nutritional and physical therapy consultations and follow-up visits by a home health nurse for patients who need additional care. A monthly CHF support group is also available for patients and their family members. (See details at left.)

“There is no cure for congestive heart failure,” says Boccellato, “but it can be controlled. Our goal is to increase awareness among our patients so that they recognize the signs and symptoms of CHF in its earliest stages and get the intervention they need. When CHF patients recognize even a subtle change in their condition and they know to call their doctor or a member of the CHF team so that we can work together to alleviate the issue before hospitalization becomes necessary, then we’ve made a difference in their health, and that’s what this program is all about.”



Judy Boccellato, director of a new CMC program dedicated to improving the health of people with congestive heart failure, is shown at left with the program’s care coordinators, from left, Monica Mackie and Lisa Carmelengo

For more information about the Congestive Heart Failure Program at Community Medical Center, or to arrange for a referral, call 732-557-2800.

## Community’s Sleep Disorders Center First in Region to Earn National Accreditation

Community Medical Center’s Sleep Disorders Center has earned accreditation from the American Academy of Sleep Medicine (AASM) — making Community the first hospital in Ocean County to earn this prestigious designation.



The Sleep Disorders Center at Community Medical Center features state-of-the-art diagnostic equipment and is staffed by fully trained technicians. Shown here, Community Medical Center neurologist Gerald Ferencz, M.D., co-medical director with pulmonologist Stephen Newman, M.D., of the Sleep Disorders Center, gathers in one of the spacious, homelike suites with, from right, supervisor Kathleen Feeney and Barbara Ball, one of the center’s registered sleep technicians.

The five-year accreditation designates a commitment to the advancement of sleep medicine.

“An accredited sleep disorders program is a valuable resource for the community,” says Gerald Ferencz, M.D., the lab’s co-medical director who is board certified in neurology and sleep medicine.

The four-room center opened on the hospital campus in 1989 to treat people for such common sleep disorders

as insomnia, disruptive snoring, obstructive sleep apnea, narcolepsy and movement disorders in sleep. Sleep disorders affect all age groups and can cause excessive daytime sleepiness and difficulties in falling asleep and staying asleep.

Responding to the increasingly critical nature of sleep disorders, Community Medical Center expanded its Sleep Disorders Center in 2000 to include spacious, homelike accommodations and state-of-the-art diagnostic equipment. The facility, conveniently located in the Riverwood I building adjacent to the main hospital, houses the latest in computerized monitoring equipment and is staffed by fully trained technicians.

Sleep-related breathing disorders, particularly obstructive sleep apnea syndrome, are relatively common, according to co-medical director Stephen Newman, M.D., a physician board certified in pulmonology and sleep medicine. “Sleep disorders can have a great impact on daytime functioning, and may lead to daytime sleepiness and impairment of cognitive function — the thinking and reasoning process.”

Dr. Newman explains that the diagnostic evaluation of sleep disorders often requires overnight examination of the sleeping patient by means of polysomnography to assess severity, effect on sleep architecture and continuity, and the effects on gas exchange, cardiac function, etc.

“Sleep disorders are not always readily apparent,” he says. “So, the controlled environment of a sleep disorders center, and the multidisciplinary approach of a comprehensive center, can help pinpoint a clear diagnosis.

Treatment options for sleeping disorders vary based on the severity of symptoms and ultimately the diagnosis. Treatments can include a change in diet, medication, continuous airway pressure or surgery to eliminate airway obstructions.

Patients must be referred to the center. Referring physicians receive detailed reports on patient diagnoses and suggested follow-up treatment.

For more information on the Sleep Disorders Center at Community Medical Center, call 1-888-SBHS-123.

# Community TODAY

Community Today is published for friends and neighbors of Community Medical Center, a proud affiliate of the Saint Barnabas Health Care System. It is intended for general purposes only. Always consult a physician for individualized medical advice.

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